



SUN-DIET HEALTH FOUNDATION

East Aurora, Erie County, New York



Healthful Hints

BRIGHT'S DISEASE—Give meat, fish and eggs only under expert supervision. Cheese and milk are to be given in moderation. Nuts are preferable as a source of protein. Give a plentiful supply of fresh fruits and fresh vegetables and eat a reasonable amount of potatoes or whole grain bread.

CATARRH, Sinus Trouble, Bronchitis, Hay Fever, Asthma and all other catarrhal conditions—Limit the intake of milk, cheese and cream and take eggs in moderation and always cooked. Keep the intestinal tract thoroughly clean and do much deep breathing. Eat freely of fresh fruits and vegetables.

DIABETES—If the condition is bad, give no sugars or starches. As it clears, give these only under expert guidance. Take enough of nuts, meat and fish to satisfy the protein needs of the body and eat rather freely of butter and oil. The fruits and vegetables are just as important here as elsewhere.

GAS in STOMACH and INTESTINES—If this condition is severe, do not mix fruits and vegetables in the same meal. Eat slowly and masticate well. Make the meals very simple, never having more than three or four items of food in any meal because the simpler the meal, the easier it is to digest and hence the less tendency to gas formation. Always go to the meals rested and be sure the mind is clear and cheerful while eating and immediately beforehand.

ARTHRITIS and RHEUMATISM—Omit meat and fish for at least a month and keep the intestines clean. Eat very freely of salad vegetables and cooked fresh vegetables, especially the cooked greens. Take all the fruits the body will tolerate without causing itching and an undue amount of pain. Thorough internal cleanliness is of the utmost importance in this condition. It is also necessary to drink freely of water, the best kind being distilled water.

INDIGESTION and ULCERS of STOMACH and INTESTINES—Omit all rough foods such as cabbage, chicory and the coarse stalks of celery until digestion improves. Eat simply and masticate thoroughly as directed under the head of "Gas in Stomach and Intestines." Take two, three or at the most four items of food in a meal. This extreme simplicity is necessary in order to get the digestive organs to function properly again. Ulcerated conditions may require the taking of milk and juices of fruits as well as the broth of vegetables for a while.

LIVER and GALL BLADDER TROUBLE—Eat very sparingly of all kinds of fat and oily foods. This means to avoid as much as possible, cream, butter, olive oil, fat meat and all other fatty substances. Because so much of the liver and gall bladder trouble is of catarrhal nature, it is also well to omit milk and cheese for a while. Eat freely of fruits and vegetables and drink plentifully of water.

Suggestions for Meals

BREAKFAST is best of Milk and Fruits.

LUNCH is best of Milk, with Fruits, Vegetables and Natural Sugars.

DINNER may consist of items in Group "A" combined with items from Group "B" and on alternate days substitute items from Group "C" instead of "B".

In doing physical work or exercise, or if losing too much weight, you may combine groups "A" and "B" at noon for lunch and "A" and "C" for evening dinner.

SALAD DRESSINGS should be of plain oil or sweet cream for meals combined of "A" and "B", or of lemon juice with oil or cream or both if meal is combined of "A" and "C".

All vegetables should be baked or steamed. Greens should be cooked in so little water that it will be absorbed. Tea and Coffee not recommended but may be used without cream or sugar. Salt except in very small quantities, white sugar, pepper or vinegar should not be used for seasoning.

Food Combinations

Starchy foods are not to be combined with acid foods, acid dressings or proteins. Acid foods and acid dressings tend to impede the digestion of starches. Concentrated proteins and concentrated starches do not combine well because the result of such meals is an excessive formation of acidity within the body and hyperacidity is one of the main causes of disease. Starches do not combine well with each other.

Protein foods do not combine well with starches or with each other. A part of the reason has been given, but the reason for not combining protein foods with each other is that it gives an oversupply of protein to the body.

Acid foods and acid dressings do not combine well with starches for reasons already given.

The natural sweets combine well with all other foods but we have to be careful not to overeat of them because they are so concentrated.

Fats and oils combine well with all other foods but we have to avoid overeating of them because they are more concentrated than any other class of foods.

All vegetables, including the roots, greens and salad vegetables, combine well with all other foods. This is a sweeping statement to which there are a few exceptions and the exceptions are given on this chart.

Fruits combine well with all foods except that the acid fruits are not compatible with starches or refined sugars. The very mild or sweet fruits such as pears, persimmons, also the natural sugar fruits such as raisins, figs, and dates combine well with all other fruits.

You can take this food chart as it is without studying the notes and do about ten times better than is done in the average home. If you are in the least ill, study the notes with care and you will do very well indeed.

This chart contains a tremendous amount of vital information but it is necessary to give even as clear a chart as this reasonable study. If you wish to obtain the best results, follow it to the last dot.

A short cut to health may be made by assisting nature to eliminate the acid material from the system by following a wholly alkaline diet for a few weeks, and then by so living as to prevent the future formation of acid waste in the system.



SUN-DIET CORRECT EATING HEALTH CHARTS



1 oz. = 2 tablespoons

Combine "A" with "B" or "A" with "C". Never combine "B" with "C".

Eat slowly - Masticate well - Sip fluids slowly.

B

STARCHES

Only one in a meal

- Artichokes (Jerusalem)
- Beans (Dried)
- Bread (Whole Grain)
- Bread (White)
- [3] Butter Beans (Green)
- Cereals (Whole Grain)
- Cereals (Refined)
- Chestnuts (Cooked)
- Corn (Matured)
- Cornstarch
- Flour (Whole Grain)
- Flour (White)
- Gravies (Flour)
- [5] Lentils
- [3] Lima Beans (Green) *listed as beans on Brisch's Chart*
- Macaroni
- Oatmeal
- Pastries
- [4] Parsnips
- Peanuts
- [5] Peas (Dried)
- Popcorn
- Potatoes (In Jacket)
- Sago
- Rice (Whole)
- Spaghetti
- Soups (Thick) *not listed on Brisch's Chart*
- Tapioca
- Winter Squash

SWEETS

One or two in a meal

- Candies
- [6] Ice Cream (Commercial)
- Jellies
- Jams
- Preserves
- Syrup (Refined)
- White Sugar

Items in Red Not Recommended

A

VEGETABLES

Roots

- Beets
- Carrots
- Celery Root
- Kohlrabi
- Mangel-wurzel
- [4] Parsnips
- Radishes
- Rutabagas
- Salsify (Oyster Plant)
- Turnips

Salads

- Cabbage
- Celery
- Chicory
- Chives
- Collards
- Cos/Cress
- Cucumber
- Endive
- Garlic
- Irish Moss
- Kraut
- Lettuce
- [11] Melons
- Onions
- Parsley
- Spinach

SUGAR (Natural)

One or two in a meal

- [7] Bananas (Ripe)
- Brown Sugar
- Dates
- Figs
- Honey
- [6] Ice Cream (See Recipe)
- Maple Syrup or Sugar
- [8] Prunes (Santa Clara)
- Raisins
- molasses*
- Syrups - unrefined*
- Syrups - unrefined*

Greens

- Asparagus
- Artichokes (Cone)
- Beans (String) + *Green Beans*
- Beet Tops + *leafy*
- [1] Broccoli + *Bok Choy*
- [1] Brussels Sprouts
- [1] Cabbage
- [1] Cauliflower
- Celery
- Chard
- Corn (Tender, Sweet)
- Dandelion Greens
- Eggplant
- [1] Kale
- Kraut
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Peas (Green)
- Peppers (Green)
- Pumpkin
- Spinach
- Squash
- Vegetable Marrow
- Tomatoes uncooked

FATS - OILS

Not over three in a meal

- [2] Alligator Pears
- Butter
- [10] Coconut (Dried)
- Cream
- Egg Yolks
- Fats (Animal)
- [6] Ice Cream (See Recipe)
- Lard
- Nuts (Except Chestnuts)
- Oil (Cod Liver)
- Oil (Olive)
- Oil (Vegetable)
- Fat Bacon*
- Oily Nuts*

C

PROTEINS

Only one in a meal

- Beans (Dried)
- Brains
- [3] Butter Beans (Green)
- Buttermilk
- Cheese (Dairy)
- Cheese (Cottage)
- Clams
- Crabs
- [9] Eggs (Whole)
- Fish *all kinds of Sea Food*
- Game
- Gelatin - animal
- Kidneys
- [5] Lentils
- [3] Lima Beans (Green)
- Liver
- Meats
- Milk
- Nuts (Except Chestnuts)
- Oysters
- [5] Peas (Dried)

FRUITS

- Apples
- Apricots
- Berries
- Cherries
- Currants
- Grapes
- Grapefruit
- Kumquats
- Lemons
- Limes
- Mangoes
- Oranges
- Peaches
- Pears
- Persimmons
- Pineapple
- Plums
- Pomegranates
- Tangerines
- [12] Tomatoes

Items in Red Not Recommended

For Starch meal use only 1 starch to a meal. For Protein meal use only 1 protein to a meal.

SPECIAL EXCEPTIONS

- (1) CABBAGE FAMILY — Cabbage, cauliflower, Brussels sprouts, kale, and possibly broccoli should not be eaten by those who fill with gas after partaking. Cabbage is best avoided by those who have indigestion.
- (2) ALLIGATOR PEAR or AVOCADO — Fruit rich in fat, good for salads. Combines well with all foods.
- (3) LIMA BEANS, Green, and BUTTER BEANS, Green — Good for those not troubled with internal gas. Either to be taken as main part of meal with vegetables. No other protein or starch in that meal; both are rich in protein and starch.
- (4) PARSNIPS — Both starch and vegetable, almost as starchy as potato.
- (5) PEAS, Dried, and LENTILS — Rich both in protein and starch. No other protein or starchy food is to be used in the same meal. To be avoided by those who have much gas after eating them.
- (6) ICE CREAM — Both a sugar and a fat. Good when made with honey or maple sugar, yolks of eggs and cream.

- (7) BANANAS — When thoroughly ripe, they are a sweet fruit. Should be eaten only at this stage. Digest easily. Green bananas are starchy and not fit to eat raw.
- (8) PRUNES — Good laxative, sweet fruit. Santa Clara prunes are lowest in acid and hence best. As prunes give acid end products they should not be eaten with starch.
- (9) EGGS, WHOLE — Good protein; easy to digest when poached, coddled or soft boiled. In all recipe combinations use yolk only. *(white is protein & does not combine with starch)*
- (10) COCONUT, Dried — Contains mostly fat but considerable starch and sugar. Combines well with all foods except proteins.
- (11) MELONS — Healthful, but should not be eaten with other foods if they cause distress.
- (12) TOMATO — Acid Vegetable. Combines well with all foods except starches. So much like a fruit that we class it among them. Good in salads with protein meal.

4/5 of food eaten should be fruits & vegetables. A large portion of these should be raw. Do not Eat Slowly - Masticate Well - Sip Fluids Slowly. peel fruits or vegetables or citrus fruits.



SUN-DIET CORRECT EATING HEALTH CHARTS



COMPATIBLE RECIPES USED ON MENUS

(1) Cream of Celery Soup

Combine with Starch, Protein or Vegetable Meal.
2 cups celery; 1 pint cream; 1 pint water;
2 tablespoonfuls butter.
Steam celery in the usual way. Add to heated
cream and water. Season with celery salt.

(2) Parsley Omelette

Combine with Starch, Protein or Vegetable Meal.
8 egg yolks; 4 tablespoons butter; $\frac{1}{8}$ tea-
spoon celery salt; 4 tablespoons cream; 6 table-
spoons chopped parsley.
Prepare as for plain omelette. When ready to
fold add in the parsley. Serve at once.

(3) Fruited Gelatine

Combine with Protein or Vegetable Meal.
1 tablespoon gelatine; 1 cup boiling water;
1 cup shredded pineapple; $\frac{1}{2}$ cup pecan meats;
2 oranges, diced; 2 peaches, sliced.
Dissolve gelatine in boiling water. Add fruit
juice. Chill. When slightly thickened beat with
egg beater until consistency of whipped cream.
Fold in fruit and pecan meats. Turn into indi-
vidual or large mold. Chill. Serve as dessert
with whipped cream or on lettuce leaf with
mayonnaise as salad.

(4) Tomato Puree

Combine with Protein or Vegetable Meal.
 $1\frac{1}{2}$ cups strained tomato; $1\frac{1}{2}$ cups milk; 2
tablespoons butter.
Add butter to strained tomato and heat. Heat
milk in separate pan. When ready to serve com-
bine mixture slowly and serve at once.

(5) Apple Whip

Combine with Protein or Vegetable Meal.
6 large apples; 1 pint whipped cream.
Shred apples with or without peeling. Whip
cream and add to apple and serve. All fresh
fruit whips may be made in the same way.

(6) Baked Apples With Raisins

Combine with Protein or Vegetable Meal.
6 apples; $\frac{3}{4}$ cup raisins; $\frac{1}{2}$ cup water.
Core apples. Fill center with raisins. Place
in pan. Add water and bake. Baste a few times
during baking. May be served with cream if
desired.

(7) Apricot Whip

Combine with Protein or Vegetable Meal.
1 tablespoon gelatine; 2 cups apricots (canned).
Drain apricots, rub through a sieve. Soak
gelatine in juice drained from apricots. Add
boiling water as directed on gelatine package.
When cool add puree of apricot and whip with a
dover beater until thick. Set aside to mold.
Chill and serve with whipped cream if desired.

(8) Maple Coconut Custard

Combine with Starch, Protein or Vegetable Meal.
1 pint cream; 5 egg yolks; 1 cup shredded
cocoanut.
Beat egg yolks, add to cream and cocoanut.
Bake in individual molds that have been placed
in a pan of water. When cool serve with one
tablespoon maple syrup to a serving.

(9) Health Dressing

Combine with Starch, Protein or Vegetable Meal.
1 onion; 2 cups mushrooms; 2 cups carrots;
2 cups celery; 1 teaspoon celery salt; 1 teaspoon
summer sage; 1 tablespoon butter; 6 egg yolks.
Put vegetables through grinder, add grated
onion, beaten egg yolks, seasoning, and bake.

(10) Peach Ice Cream

Combine with Protein or Vegetable Meal.
2 tablespoons gelatine; $\frac{1}{2}$ cup cold water; 1
cup evaporated milk; 4 cups shredded peaches;
6 egg yolks; 1 pint whipping cream.
Dissolve gelatine in cold water. Add evaporat-
ed milk and peaches. Freeze to a mush. Then
add whipped cream and beaten egg yolks and
continue to freeze. Ratio of one cup of salt to
eight cups of ice.

(11) Fruit Crumb Pudding

Starch—Combine with Vegetable Meal.
1 pint whole wheat bread crumbs; 1 cup
water; 1 cup whipping cream; $\frac{1}{2}$ cup raisins;
 $\frac{1}{2}$ cup dates; $\frac{1}{2}$ cup figs; 3 egg yolks; 1 cup
whipped cream.
Add bread crumbs to heated water and cream.
Let stand for fifteen minutes. Beat egg yolks.
Add to bread mixture. Then add raisins, dates
and figs. Bake 45 minutes in slow oven. Serve
with whipped cream.

(12) Pea Puree

Combine with Starch, Protein or Vegetable Meal.
1 can French peas; 1 cup cream and 1 cup
water; 1 slice onion diced; 3 tablespoonfuls
butter.
Heat cream in double boiler. Put peas through
a sieve. Add one cup cold water and diced onion.
Cook in double boiler. Add butter. Combine
with hot cream. Season with celery salt. Serve
hot.

(13) Stuffed Green Peppers

Starch—Combine with Vegetable Meal.
 $\frac{1}{2}$ pound steamed rice, unpolished; 1 cup
celery; 1 onion; $\frac{1}{2}$ cup mushrooms partly
cooked in butter; 1 teaspoon celery salt.
Stuff peppers and bake 20 minutes.

(14) Raisin Pie

Starch—Combine with Vegetable Meal.
1 cup butter; 2 cups whole wheat flour; $\frac{1}{2}$
cup cold water; 2 cups raisins; 1 cup whipped
cream.
Chop butter into flour. Add cold water. Roll
as for crust as usual. Bake in moderate oven.
Place soaked raisins in baked shell. Cover with
whipped cream and serve.

(15) Spinach Puree

Combine with Starch, Protein or Vegetable Meal.
2 cups fresh spinach; 1 pint water and 1 pint
cream.
Chop spinach very fine. Heat cream and water
in double boiler. Add raw spinach. Cook below
boiling point until spinach is tender. Season with
butter and celery salt. Serve hot.

(16) Stuffed Egg Plant

Combine with Starch, Protein or Vegetable Meal.
1 egg plant; $\frac{1}{2}$ cup shredded carrot; $\frac{1}{2}$ cup
chopped onions; 2 tablespoonfuls butter; 6
strips fat bacon.
Steam the egg plant for fifteen minutes. Cut
thick slice from stem end and scoop out the
center. Do not work too close to the skin. Chop
the center fine, add carrots, onion and butter.
Refill egg plant. Cover top with fat bacon.
Place in pan and bake in moderate oven for
twenty-five minutes. Serve very hot.

(17) Vegetable Casserole

Combine with Protein or Vegetable Meal.
1 egg plant (cut in cubes); 2 heaping table-
spoons of okra; 3 tomatoes; 1 green pepper;
1 onion; $\frac{1}{2}$ teaspoon celery salt; 2 tablespoons
butter.
Chop tomatoes, green peppers, okra, onion and
egg plant. Bake with butter and salt in cas-
serole for about 30 minutes.

(18) Pineapple Snow

Combine with Protein or Vegetable Meal.
2 cups shredded pineapple; 1 tablespoon
gelatine.
Soak gelatine in pineapple juice. Add boiling
water as directed on package. Then chill. When
chilled add pineapple and whip. Chill again.
May be served with whipped cream if desired.

(19) Scalloped Potatoes with Onions

Starch—Combine with Vegetable Meal.
1 pint sliced potatoes; 1 cup sliced onions;
1 cup cream.
Place layers of sliced potatoes and onions
alternately dotting each layer with butter. Over
all pour cream. Bake in a moderate oven one
and one-half hours. Serve hot.

(20) Fig Mousse

Combine with Starch, Protein or Vegetable Meal.
 $1\frac{1}{2}$ cups chopped figs (Black Mission); $\frac{3}{4}$
cup maple syrup or brown sugar; $1\frac{1}{2}$ cups 40%
cream; little dash of celery salt.
Whip cream. Chop figs. Add syrup and
celery salt. Freeze in ice drawer of refrigerator.
This method of freezing is mentioned as being
the best time saver. A regular ice cream freezer
can be used, but in that event do not whip the
cream before freezing.

(21) Vegetable Stock

Combine with Protein or Vegetable Meal.
3 large carrots; 1 big handful of spinach;
3 stalks celery; 2 green peppers; 1 bunch
asparagus; 6 tomatoes; 1 beet; 1 quart fresh
green or wax beans; 1 onion; 1 parsnip; 1 small

bunch each of parsley, radishes, mustard greens,
broccoli and the outside leaves of any green
vegetable.

Any or all of the above mentioned vegetables
can be used.

Cover well with cold water. Simmer over slow
fire four or five hours. Strain. Cool. Place in
ice box. Reheat as needed. This stock will keep
four or five days.

(22) Savita Broth

Combine with Starch, Protein or Vegetable Meal.
2 tablespoonfuls Savita Paste (Battle Creek
food product); 4 cups vegetable stock (see
recipe for vegetable stock).
Heat stock. Add Savita. Stir until well dis-
solved. Serve very hot. Four Savita cubes can
be substituted for Savita paste. The cubes are
handy to use while traveling, making a very
good broth without the addition of vegetable
stock.

(23) Rice Pudding

Starch—Combine with Vegetable Meal.
1 cup boiled unpolished brown rice; $\frac{1}{2}$ cup
honey; 1 cup raisins; yolks of three eggs; small
amount butter; $\frac{1}{2}$ cup cream.
Steam rice in water. When well done, drain.
Beat egg yolks. Add all other ingredients. Mix
with rice. Bake in slow oven till brown.

(24) Perfection Salad

Combine with Protein or Vegetable Meal.
1 heaping tablespoon gelatine; 1 cup boiling
water; juice of one lemon; rind of one lemon,
grated; 3 tomatoes, diced; 1 cup celery, diced;
1 cup cabbage, diced; 1 green pepper, diced.
Add boiling water to gelatine, then add juice
of one lemon and the grated rind of one lemon.
Just before it sets add tomato, celery, cabbage,
green pepper. Chill and serve on crisp lettuce
leaves. Mayonnaise dressing No. 2.

(25) Sour Cream Waffles

Starch—Combine with Vegetable Meal.
2 cups sour cream; 2 cups whole wheat flour;
1 teaspoon baking soda; 3 egg yolks; 1 tea-
spoon butter.
Beat egg yolks. Cream butter. Add soda to
sour cream. To this mixture add the flour.

(26) Whole Wheat Cookies

Starch—Combine with Vegetable Meal.
1 cup seeded raisins; 1 cup dates; 2 cups
whole wheat flour; 3 ounces of butter; 2 egg
yolks; $\frac{3}{4}$ cup sour cream; $\frac{1}{4}$ cup water; $\frac{1}{2}$
teaspoon baking soda.
Pit dates. Cut dates and raisins fine with wet
scissors. Sift whole wheat flour over dates and
raisins and mix with fingers. Cream butter,
then stir in unbeaten egg yolks and mix well.
Add sour cream to which the baking soda has
been added. Stir in dry ingredients. Drop by
teaspoonfuls upon a well-buttered cooking sheet.
Do not place too close together. Bake in a
moderate oven about ten minutes. Recipe makes
approximately 30 cookies.

(27) Cream of Mushroom Soup

Combine with Starch, Protein or Vegetable Meal.
2 cups chopped mushrooms; 1 pint cream and
1 pint water; 6 tablespoonfuls butter.
Heat cream and water in double boiler. Add
finely diced mushrooms. Season with butter
and celery salt and serve very hot.

(28) Cauliflower, Tomato, Cheese Casserole

Protein—Combine with Vegetable Meal.
1 large head cauliflower; 4 large tomatoes;
1 cup grated cheese; 6 tablespoons butter;
paprika.
Steam cauliflower until tender. Separate in
flowerets. Put alternate layers of cauliflower
and sliced tomato into buttered casserole.
Season each layer with butter, paprika, and
grated cheese until casserole is filled. Bake one-
half hour in moderate oven. Serve hot.

(29) Pineapple Ice

Combine with Protein or Vegetable Meal.
1 pint pineapple juice; 3 tablespoons gelatine;
1 quart boiling water.
Dissolve gelatine in pineapple juice. Add boil-
ing water. When cool add four cups shredded
pineapple and freeze.



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COMPATIBLE RECIPES USED ON MENUS

(30) Stuffed Onions with Ham

Protein—Combine with Vegetable Meal.

6 onions; 1 cup sauerkraut; ½ cup boiled ham; ¼ cup onion pulp; 4 tablespoons butter. Peel six onions. Parboil five minutes. Remove center and fill with chopped sauerkraut, ham and onion pulp. Place in pan using one inch water. Bake until tender. Take off cover and spread with butter. Bake last five minutes to brown. Serve hot.

(31) Apricot Whip

Protein—Combine with Vegetable Meal.

1 quart of apricots; ½ pint cream. Put apricots through sieve, beating pulp until fairly light. Fold this fruit pulp into stiffly beaten cream. Add 2 tablespoons of maple syrup or honey and chill.

(32) Vegetable Meat Loaf

Combine with Protein or Vegetable Meal.

1 pound ground beef; 1 cup chopped cooked carrots; ½ cup chopped tomatoes; 2 chopped onions; ½ teaspoonful celery salt; 3 egg yolks; ½ cup water. Mix all ingredients. Bake in a well buttered pan about 45 minutes in a moderate oven. Brush top with soft butter and serve.

(33) Cream of Asparagus Soup

Combine with Starch, Protein or Vegetable Meal.

2 cups asparagus; 1 pint water and 1 pint cream. Puree asparagus. Heat milk in double boiler and add asparagus puree to cream and water. Season with butter and celery salt. Serve hot.

(34) Baked Salmon Loaf

Protein—Combine with Vegetable Meal.

2 cups canned or fresh salmon; ½ cup diced celery; 1 grated onion; 3 egg yolks; 1 teaspoon celery salt; 1 cup cream. Steam vegetables. Mix with cooked salmon. Beat egg yolks. Fold into entire mixture. Mold into loaf and bake. Brush top with butter just before serving. Serve hot.

(35) Nougat Surprise

Combine with Starch, Protein or Vegetable Meal.

6 cups cream; 1 ½ cups honey; ½ cup chopped almonds; ½ cup chopped pecans; ½ cup chopped raisins; ¼ cup chopped dates. Whip cream. Add remainder of ingredients. Put in ice drawer of refrigerator until frozen or freeze in regular ice cream freezer before cream is whipped. Serve plain or with maple syrup. A delightful way to top off a starch meal.

(36) Pancakes

Starch—Combine with Vegetable Meal.

2 cups whole wheat flour; 2 egg yolks; 1 ½ cups thin cream; 2 teaspoons brown sugar. Beat to a smooth batter and bake on greaseless pan.

(37) Asparagus Camille

Starch—Combine with Vegetable Meal.

1 bunch fresh asparagus; 2 cups whole wheat bread crumbs; 3 tablespoonfuls of butter; 4 egg yolks; 4 tablespoons cream. Steam asparagus cut into small pieces. Place in buttered baking dish over layer of whole wheat bread crumbs. Dot over with butter and repeat until dish is full. Beat egg yolks, add cream. Pour over mixture and bake 20 minutes. Serve hot.

(38) Sun-Diet Cake

Starch—Combine with Vegetable Meal.

¼ cup butter; 1 ½ cups self-rising whole wheat flour; ½ cup thin cream; ½ cup brown sugar; 4 egg yolks; ½ cup New Orleans molasses; ¼ teaspoon allspice; ½ teaspoon vanilla; ½ teaspoon cinnamon; ½ cup raisins; ½ cup figs; ½ cup dates; ½ cup pecans. Two teaspoons of baking powder may be substituted for self-rising flour, using whole wheat flour.

Put raisins, figs, dates and pecans through food chopper using fine knife. Cream butter, add sugar, cream and molasses to stiffly beaten egg yolks. Sift flour and spices together. Add fruits, pecans and vanilla. Mix dry ingredients together with fruits to batter and bake in moderate oven for 35 minutes. Frosting:—One cup maple syrup boiled till it forms a soft ball in water. Remove from stove, beat with egg beater until it is the right consistency to spread on cake.

(39) Cod Fish Cakes

Protein—Combine with Vegetable Meal.

½ pound shredded codfish; ½ pound carrots (sliced); 1 tablespoonful butter; 2 egg yolks. Soak fish one hour, then shred. Mix carrots and fish, cover with hot water and cook until tender. Drain mixture, mash; add egg yolks and butter and beat until light. Mould into small cakes, place in buttered tin and bake until brown. If too dry, may be served with added butter or tomato sauce.

(40) Date Ice Cream

Combine with Starch, Protein or Vegetable Meal.

1 ½ quarts cream; 5 egg yolks; 1 pound black fard dates; ½ cup maple syrup. Beat egg yolks. Add maple syrup and cream. Freeze to a mush. Pit dates, put through a food chopper, add to frozen mush and continue to freeze. Use ratio of one cup salt to eight cups ice in freezing.

(41) Cream of Carrot and Onion Soup

Combine with Protein, Starch or Vegetable Meal.

2 cups diced carrots; 1 cup diced onions; 1 pint cream and 1 pint water. Steam carrots and onion until tender. Put through a sieve. Add carrot and onion puree to cream and water. Season with butter and celery salt. Serve hot.

(42) Cream of Onion Soup

Combine with Starch, Protein or Vegetable Meal.

2 cups chopped onions; 1 pint cream and 1 pint water; 6 tablespoonfuls butter; parsley. Heat cream with water in double boiler. Add finely chopped onions, butter and parsley. Season with celery salt. Serve hot.

(43) Pumpkin Cups

Combine with Starch, Protein or Vegetable Meal.

1 quart mashed pumpkin; 1 pint cream; 6 egg yolks; ½ cup honey. Beat egg yolks, add to milk and water and honey. Fold into mashed pumpkin. Bake in individual cups.

(44) Carrot-Casserole

Combine with Starch, Protein or Vegetable Meal.

7 onions; 2 cups carrot; ¼ cup water; ¼ cup cream; 2 egg yolks; 3 tablespoons butter. Steam carrots. Rub through a sieve. Slice onions very thin. Beat egg yolks, add cream and butter. Combine entire mixture. Bake in buttered casserole about thirty minutes. Serve hot.

(45) Golden Parfait

Combine with Starch, Protein or Vegetable Meal.

3 ½ cups 40% cream; 5 egg yolks; 1 cup maple syrup; few drops of vanilla. Whip cream. Fold in well beaten egg yolks and maple syrup. Put in drawer of refrigerator until frozen or freeze in regular ice cream freezer before cream is whipped. Serve plain or with nuts in maple syrup. A small serving of a very rich dessert is wise.

(46) Cream of Carrot Soup

Combine with Starch, Protein or Vegetable Meal.

2 cups diced carrots; 1 pint water and 1 pint cream. Steam carrots until tender. Put through a sieve. Heat cream and water in double boiler. When hot add carrot puree. Season with butter and celery salt.

(47) Brown Bread No. 1

Starch—Combine with Vegetable Meal.

1 cup whole wheat flour; 1 cup corn meal; 1 cup quick Mothers oats; 1 ½ teaspoons baking powder; ¼ cup molasses; ½ teaspoon soda; ¾ cup cream; ¾ cup water. Mix dry ingredients, add molasses to milk and combine with dry ingredients; mix well and bake slowly 1 hour.

(48) Baked Stuffed Tomatoes

Combine with Protein or Vegetable Meal.

6 large tomatoes; 1 cup mushrooms; 1 cup diced tomato; ½ cup diced celery; 3 tablespoonfuls butter. Wash tomatoes but do not peel. Cut a slice from stem end. Scoop out the center. Fill with the mixture of mushrooms, tomato and diced celery. Season with celery salt, dot with butter and bake in a buttered baking dish until tender. Serve hot.

(49) Asparagus on Toast

Starch—Combine with Vegetable Meal.

3 slices whole wheat bread; 1 bunch fresh asparagus; 3 tablespoons butter. Steam asparagus. Toast bread until crisp. Place asparagus on toast. To the juice left from asparagus in cooking add butter and pour over each serving.

(50) Prune Whip

Combine with Protein or Vegetable Meal.

1 quart of prunes; 1 pint of cream. Soak prunes about twelve hours, cook twenty minutes. Drain and put through a sieve. Use pulp only. Fold pulp into stiffly beaten cream and chill.

(51) Corn Roast

Starch—Combine with Vegetable Meal.

1 pint corn; 4 egg yolks; ¾ cup whole wheat flour; ½ cup cream. Beat egg yolks, add cream and flour. Mix well with corn and bake in buttered baking dish in moderate oven until brown. Serve with shredded cocoanut. Serve hot.

(52) Veal Casserole

Protein—Combine with Vegetable Meal.

1 ground rump veal (½ inch thick); 2 cups chopped mushrooms; 2 cups diced tomatoes; 1 grated onion; 1 small can of tender peas. Cook in casserole until steak is tender.

Salad Dressings

Pimento Dressing

Combine with Protein or Vegetable Meal.

3 egg yolks; 1 pint vegetable oil; 1 ½ lemons; 1 ½ cups chopped pimento. Make exactly as for Mayonnaise dressing No. 2. Then fold in finely chopped pimento. Keep in cold place.

Sour Cream Dressing

Combine with Protein or Vegetable Meal.

1 cup sour cream; 2 tablespoons lemon juice. Allow cream to stand 24 hours to sour. Whip until stiff. Add lemon juice slowly while whipping. Keep in cool place.

Mayonnaise Dressing No. 2

Combine with Protein or Vegetable Meal.

3 egg yolks; 1 pint vegetable oil; 1 ½ lemons. Have all ingredients cold. Beat egg yolks until light lemon color. Add oil drop by drop until the first two tablespoonfuls have been added, beating with a dover egg beater. As mixture starts to stiffen, add lemon juice and oil alternately until all ingredients are used up. Keep in cool place.

Dressing No. 3

Combine with Protein or Vegetable Meal.

1 cup whipped cream; 3 tablespoons vegetable oil; juice of 1 lemon; 1 teaspoon paprika. Beat the lemon and oil until thoroughly mixed. Slowly fold into whipped cream. Keep in cool place.

Dressing No. 4

Combine with Protein or Vegetable Meal.

Same as dressing No. 2 with ground nut meats added.

Dressing No. 5

Combine with Starch, Protein or Vegetable Meal.

1 cup whipped cream; 1 tablespoonful honey; 3 tablespoonfuls vegetable oil. Whip cream until firm. Add oil and honey. Keep in cool place.

Dressing No. 6

Plain whipped cream.



SUN-DIET CORRECT EATING HEALTH CHARTS



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Sunday

DINNER:

(4) Tomato Puree; Roast Chicken, (9) Health Dressing; Broiled Mushrooms; Salad: Lettuce, Sliced Tomatoes and Green Peppers, Dressing 3
Dessert: (10) Peach Ice Cream

SUPPER:

(36) Whole Wheat Griddle Cakes; Maple Syrup; Steamed Spinach; Salad: Lettuce, Carrot and Raisin, Dressing 6

Monday

LUNCH:

Baked Potatoes; Steamed Broccoli; Savory Sauce; Steamed Carrots; Salad: Lettuce, Sliced Green Peppers, Oil Dressing
Dessert: Dates

DINNER:

(33) Asparagus Puree; (2) Parsley Omelette, Bacon; Steamed Rutabagas; Steamed String Beans; Salad: Lettuce, Pimento Dressing
Dessert: Fruit Cup

Tuesday

LUNCH:

(49) Asparagus on Toast; Steamed Rutabagas; Steamed Spinach; Salad: Lettuce, Celery Hearts, Oil Dressing
Dessert: (20) Fig Mousse

DINNER:

(4) Tomato Puree; Steamed Peas; Baked Turnip; Salad: Chicken
Dessert: Sliced Bananas and Cream

Wednesday

LUNCH:

(19) Scalloped Potatoes with Onions; Steamed Carrots; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Steamed Raisins and Cream

DINNER:

(27) Cream of Mushroom Soup; Round Steak (ground) Croquettes; Steamed Spinach; Baked Onions; Salad: Lettuce, Pineapple Rings, Dressing 4
Dessert: (5) Apple Whip

Thursday

LUNCH:

(13) Green Peppers Stuffed with Rice; Steamed Celery Root; Salad: Lettuce, French Endive, Oil Dressing
Dessert: (35) Nougat Surprise

DINNER:

(12) Pea Puree; (44) Carrot Casserole; Steamed Kraut; Salad: Lettuce, Pears, Cottage Cheese, Ripe Olives, Dressing 3
Dessert: Figs and Cream

Friday

LUNCH:

Cinnamon Toast; Steamed Peas; Buttered Beets; Salad: Carrot and Raisin, Dressing 6
Dessert: Dates

DINNER:

(4) Tomato Puree; Broiled Codfish with Savory Sauce and Egg Yolk; (17) Vegetable Casserole; Salad: Lettuce, Apple and Celery, Dressing 5
Dessert: (31) Apricot Whip

Saturday

LUNCH:

Baked Potatoes; Broiled Bacon; Steamed Turnips; Steamed Okra; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Sliced Bananas

DINNER:

(46) Cream of Carrot Soup; Pecan Meats; Steamed Broccoli; Savory Sauce; Steamed Carrots; Salad: Perfection, Dressing 2
Dessert: Apple Sauce, unsweetened

Sunday

DINNER:

(22) Savita Broth; Relish: Onions and Radishes; Roast Duck (9) Health Dressing; Creamed Cabbage; Salad: Lettuce, Sliced Tomatoes, Dressing 3
Dessert: (10) Peach Ice Cream

SUPPER:

Baked Parsnips; Steamed Spinach; Salad: Lettuce, Celery Hearts, Oil Dressing
Dessert: Figs and Cream

Monday

LUNCH:

(19) Scalloped Potatoes with Parsley; Baked Buttered Beets; Steamed Cauliflower; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Dates

DINNER:

(4) Tomato Puree; Cold Sliced Duck, Parsley; Steamed Peas and Carrots; Salad: Lettuce, Diced Grapefruit, Orange, Dressing 2
Dessert: (31) Apricot Whip

Tuesday

LUNCH:

Cream of Asparagus on Toast; Steamed Salsify; Steamed Buttered Beets; Salad: Quarter of Lettuce Head, Oil Dressing
Dessert: (20) Fig Mousse

DINNER:

(22) Savita Broth; (52) Veal Casserole; Steamed Spinach, Egg Yolk; Salad: Lettuce, Sliced Tomatoes, Dressing 3
Dessert: Pineapple

Wednesday

LUNCH:

(16) Stuffed Eggplant; Steamed Celery; Salad: Lettuce, Celery Hearts, Oil Dressing
Dessert: (11) Fruit Crumb Pudding

DINNER:

(12) Pea Puree; (17) Vegetable Casserole; Salad: Lettuce, Sliced Pineapple, Cottage Cheese, Green Peppers, Dressing 4
Dessert: Strawberries and Cream

Thursday

LUNCH:

Baked Stuffed Potatoes; Steamed Endive; Baked Onions; Salad: Lettuce, Asparagus Tips, Dressing 6
Dessert: Sliced Bananas

DINNER:

(33) Asparagus Puree; (2) Parsley Omelette; Tomato and Okra Casserole; Salad: Cole Slaw, Dressing 3
Dessert: Apple Sauce, unsweetened, with Raisins

Friday

LUNCH:

(19) Scalloped Potatoes with Parsley; Steamed Celery Root; Steamed Peas; Salad: Lettuce, Sliced Cucumbers and Radishes, Oil Dressing
Dessert: Raisins and Cream

DINNER:

(22) Savita Broth; Broiled Oysters, Parsley; Baked Eggplant; Steamed Beets; Salad: Lettuce, Tomatoes Stuffed with Pineapple, Dressing 2
Dessert: Fruit Cup

Saturday

LUNCH:

(37) Asparagus Camille; Steamed Rutabagas; Salad: Lettuce, Carrot and Raisin, Dressing 6
Dessert: (20) Fig Mousse.

DINNER:

(4) Tomato Puree; (17) Vegetable Casserole; Cottage Cheese; Salad: Lettuce, Diced Apple and Celery, Dressing 3, and Raisins
Dessert: Strawberries and Cream

Sunday

DINNER:

(22) Savita Broth; Relish: Celery Hearts, Ripe Olives; Roast Lamb; Mushrooms and Peas; Steamed Turnip; Salad: Lettuce, (24) Perfection, Dressing 2
Dessert: (40) Date Ice Cream

LUNCH:

(21) Vegetable Soup (25) Sour Cream Waffles, Honey; Steamed Spinach, Egg Yolk; Salad: Lettuce, Carrot and Raisin, Dressing 6



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Saturday

LUNCH:

Baked Potatoes; Steamed Broccoli;
Steamed Buttered Beets; Salad: Lettuce,
French Endive, Oil Dressing
Dessert: Dates

DINNER:

(42) Cream of Onion Soup; Cottage Cheese;
(17) Vegetable Casserole; Salad: Lettuce,
Shredded Cabbage and Celery; Dress-
ing 3
Dessert: Strawberries, Maple Syrup

Sunday

DINNER:

Relish: Radish, Ripe Olives; Roast
Chicken; Steamed Asparagus; Steamed
Turnip; Salad: Lettuce, Tomatoes
Stuffed with Pineapple, Dressing 2
Dessert: (40) Date Ice Cream

SUPPER:

(21) Vegetable Soup; (49) Asparagus on
Toast; Steamed Spinach; Salad: Lettuce
and Celery Hearts, Oil Dressing
Dessert: Raisins and Cream

Monday

LUNCH:

(19) Scalloped Potatoes with Parsley; Baked
Onions; Steamed Celery Root; Salad:
Lettuce, Carrot and Raisin, Dressing 6
Dessert: Steamed Figs

DINNER:

(4) Tomato Puree; Roast Veal; Steamed
Carrots; Steamed Endive; Salad: Lettuce,
Orange and Grapefruit, Dressing 4
Dessert: Grape Gelatine

Tuesday

LUNCH:

(51) Corn Roast; Steamed Salsify; Steamed
Buttered Beets; Salad: Lettuce, Aspara-
gus Tips, Dressing 6
Dessert: (35) Nougat Surprise

DINNER:

(15) Spinach Puree; Cold Sliced Veal (17)
Vegetable Casserole; Steamed Celery
Cabbage; Salad: Lettuce, Apple and
Celery, Dressing 3
Dessert: Steamed Figs

Wednesday

LUNCH:

Baked Stuffed Potatoes; Steamed Broc-
coli; Steamed Carrots; Salad: Lettuce
Hearts with Oil
Dessert: (8) Maple Custard

DINNER:

(4) Tomato Puree; (2) Egg Omelette; Baked
Eggplant; Steamed Turnip; Salad: Let-
tuce, Carrot and Celery, Dressing 2
Dessert: Tokay Grapes

Thursday

LUNCH:

Steamed Cauliflower with Savory Sauce;
Buttered Beets; Salad: Lettuce, French
Endive, Oil Dressing
Dessert: (38) Sun-Diet Cake

DINNER:

(21) Vegetable Soup; Broiled Round Steak;
Steamed Celery Root; Creamed Onions;
Salad: Lettuce, Pimento Dressing
Dessert: (31) Apricot Whip

Friday

LUNCH:

(13) Stuffed Green Peppers with Rice;
Steamed Carrots; Salad: Lettuce, Celery
Hearts, Oil Dressing
Dessert: (40) Date Ice Cream

DINNER:

(4) Tomato Puree; Fillet Sole; Baked Toma-
toes; Steamed Kraut; Salad: Lettuce,
Apple and Celery, Dressing 3
Dessert: Strawberries and Cream

Saturday

LUNCH:

Baked Potatoes; Steamed Turnip;
Steamed String Beans; Salad: Lettuce,
Diced Dates, Bananas, Raisins, Dress-
ing 6

DINNER:

(15) Cream of Spinach Puree; Broiled Oys-
ters, Mushrooms and Peas; Steamed
Salsify; Salad: Lettuce, Shredded Cab-
bage and Pineapple, Dressing 3
Dessert: Baked Apple and Cream

Sunday

DINNER:

(22) Savita Broth; Relish: Celery Hearts and
Ripe Olives; Roast Beef; Baked Stuffed
Tomatoes; Steamed Asparagus; Salad:
Lettuce, Orange and Grapefruit, Dress-
ing 6
Dessert: (10) Peach Ice Cream

SUPPER:

Asparagus on Toast; Steamed Spinach;
Salad: Lettuce, Carrot and Raisin,
Dressing 6
Dessert: Steamed Figs

Monday

LUNCH:

Steamed Spinach; Boiled Brown Rice;
Steamed Beets; Salad: Lettuce, Belgian
Endive, Oil Dressing
Dessert: Dates

DINNER:

(4) Tomato Puree; Cold Sliced Beef, Pars-
ley; Steamed String Beans; Baked Celery
Root; Salad: Lettuce with Pimento
Dressing
Dessert: (31) Apricot Whip

Tuesday

LUNCH:

(19) Scalloped Potatoes with Onions; Steamed
Spinach with Egg Yolk; Steamed Ruta-
bagas; Salad: Lettuce, Carrot and Celery,
Dressing 6
Dessert: (8) Maple Custard

DINNER:

(33) Cream of Asparagus Soup, Cottage
Cheese; (17) Vegetable Casserole; Salad:
Lettuce, Orange, Celery and Apple,
Dressing 2
Dessert: Diced Pineapple

Wednesday

LUNCH:

(37) Asparagus Camille; Steamed Carrots;
Steamed Peas; Salad: Lettuce with Sliced
Cucumbers, Oil Dressing
Dessert: (35) Nougat Surprise

DINNER:

(22) Savita Broth; Lamb Chops; Broiled
Mushrooms; Steamed String Beans;
Salad: Lettuce, Tomato, Dressing 3
Dessert: Strawberries, Cream

Thursday

LUNCH:

Baked Potatoes; Steamed Turnip;
Steamed Spinach; Salad: Lettuce, Car-
rot and Raisin, Dressing 6
Dessert: Steamed Figs

DINNER:

(4) Tomato Puree; (52) Veal Casserole;
Steamed Rutabagas; Steamed Asparagus;
Salad: Lettuce, Pineapple, Ripe Olives,
Dressing 2
Dessert: Apple Sauce, unsweetened

Friday

LUNCH:

(47) Brown Bread, Butter; Steamed Spinach;
Baked Salsify; Salad: Lettuce, Sliced Cu-
cumbers and Green Peppers, Oil Dress-
ing
Dessert: (8) Maple Custard

DINNER:

(21) Vegetable Soup; Broiled Halibut Steak;
Baked Stuffed Tomatoes; Steamed
Celery; Salad: Lettuce, Diced Pineapple,
Celery and Coconut, Dressing 2
Dessert: (31) Apricot Whip

Saturday

LUNCH:

(19) Scalloped Potatoes with Onions; Steamed
Carrots and Peas; Salad: Lettuce, Bel-
gian Endive, Oil Dressing
Dessert: Steamed Raisins and Cream

DINNER:

(27) Mushroom Soup; (2) Parsley Omelette;
Steamed Broccoli; Baked Beets; Salad:
Lettuce, Shredded Cabbage and Apple,
Dressing 4
Dessert: Baked Apple, unsweetened



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Sunday

DINNER:

(27) Cream of Mushroom Soup; Broiled Lamb Chops; Steamed Peas and Carrots, Salad: Lettuce, Apple, Celery, Dressing 4
Dessert: Sliced Oranges

SUPPER:

Baked Potatoes; Steamed Swiss Chard; Baked Onions; Salad: Lettuce, Shredded Carrot and Raisins, Dressing 6
Dessert: Figs

Monday

LUNCH:

(49) Asparagus on Toast; Steamed Cauliflower; Steamed Beets; Salad: Lettuce, Shredded Carrot and Raisin, Dressing 6
Dessert: Ripe Banana, sliced.

DINNER:

(21) Vegetable Soup; (17) Vegetable Casserole; Cottage Cheese; Salad: Lettuce, Pineapple and Green Pepper, Dressing 3
Dessert: Sliced Oranges

Tuesday

LUNCH:

Baked Potatoes; Steamed Spinach with Egg Yolk; Salad: Romaine Lettuce with Dates, Dressing 6
Dessert: (8) Maple Custard

DINNER:

(4) Tomato Puree; Pecan Meats; Creamed Cabbage; Steamed Carrots; Salad: Lettuce, Diced Orange, Grapefruit, Dressing 4
Dessert: Raisins and Cream

Wednesday

LUNCH:

Lamb Chops; Steamed Peas; Salad: Lettuce, Sliced Tomatoes and Green Peppers, Dressing 2
Dessert: Unsweetened Apple Sauce.

DINNER:

Cream of Celery Soup; Baked Stuffed Potatoes; Steamed Green Beans; Buttered Beets; Salad: Lettuce, Cucumber, Ripe Olives, Oil Dressing
Dessert: Stewed Figs

Thursday

LUNCH:

(25) Sour Cream Waffles, Maple Syrup; Salad: Celery Hearts
Dessert: Raisins

DINNER:

(4) Tomato Puree; Broilers; Steamed Beets; Buttered New Peas; Salad: Lettuce, Sliced Tomatoes, Dressing 3
Dessert: Ripe Cherries

Friday

LUNCH:

Cinnamon Toast; Salad: Lettuce, French Endive, Oil Dressing
Dessert: (35) Nougat Surprise

DINNER:

(27) Cream of Mushroom Soup; Soft Shelled Crabs; Steamed Spinach; Steamed Carrots; Salad: Lettuce, Tomato Stuffed with Pineapple
Dessert: Grapes

Saturday

LUNCH:

Crisp Bacon; Steamed Green Beans with Mushrooms; Salad: Lettuce, Radishes, Sliced Cucumbers, Dressing 2
Dessert: Fresh Blackberries

DINNER:

(22) Savita Broth; Buttered Toast; Steamed Vegetable Marrow; Salad: Lettuce, Green Onions, Celery Hearts, Oil Dressing
Dessert: (45) Golden Parfait

Sunday

DINNER:

(21) Fresh Vegetable Broth; T-Bone Steak (Broiled) with Onions; Broiled Tomatoes; Steamed Summer Squash; Salad: Lettuce, Cucumber, Dressing 2
Dessert: Huckleberries and Cream

SUPPER:

Fresh Young Corn; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Sliced Bananas

Monday

LUNCH:

Steamed Brown Rice with Raisins; Salad: Lettuce, Radishes, Shredded Carrots, Oil Dressing
Dessert: Fresh Figs

DINNER:

(4) Tomato Puree; Pecan Meats; Steamed String Beans; Steamed Chicory with Lemon Juice; Salad: Lettuce, Diced Fresh Fruit, Dressing 2
Dessert: Fresh Apricots

Tuesday

LUNCH:

Baked Potatoes; Steamed Summer Squash; Steamed Spinach with Egg Yolk; Salad: Lettuce, Carrots and Raisin, Dressing 6
Dessert: Dates

DINNER:

(27) Mushroom Soup; Hamburger Balls with Parsley; Steamed Brussels Sprouts; Buttered Beets; Salad: Lettuce, Sliced Pineapple and Green Pepper, Dressing 3
Dessert: Strawberries and Cream

Wednesday

LUNCH:

(49) Asparagus on Toast; Steamed New Turnip; Steamed Wax Beans; Salad: Lettuce, Celery Hearts, Oil Dressing
Dessert: (20) Fig Mousse

DINNER:

(15) Spinach Puree; Tomato Omelette with Green Peppers; Steamed Buttered Carrots; Salad: Lettuce, Shredded Cabbage and Apple, Dressing 2
Dessert: (3) Fruited Gelatine

Thursday

LUNCH:

Baked Onions; Steamed Peas; Salad: Lettuce, Shredded Carrot and Celery, Dressing 6
Dessert: (11) Fruit Crumb Pudding

DINNER:

(4) Tomato Puree; Roast Lamb; Steamed Mustard Greens; Baked Squash; Salad: Romaine Lettuce, Dressing 1
Dessert: Fresh Cherries

Friday

LUNCH:

(33) Asparagus Puree; Steamed Green Beans; Lobster Salad
Dessert: (5) Apple Whip

DINNER:

(21) Vegetable Soup, Baked Stuffed Potato; Steamed Celery; Buttered Beets; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Dates Rolled in Cocoanut

Saturday

LUNCH:

Cinnamon Toast; Steamed Green Peas; Baked Turnip; Salad: Celery Cabbage, Oil Dressing
Dessert: Sliced Bananas and Cream

DINNER:

(22) Savita Broth; Fillet Mignon; Broiled Tomatoes; Steamed Mushrooms; Salad: Lettuce, Apple, and Celery, Dressing 2
Dessert: (50) Prune Whip

Sunday

DINNER:

Roast Beef, Mint Leaves; Steamed Fresh Spinach with Egg Yolk; Steamed Kohlrabi; Salad: Lettuce, Sliced Tomato, Dressing 2
Dessert: Unsweetened Baked Apples and Cream

SUPPER:

(22) Savita Broth; Steamed Peas and Carrots; Salad: Lettuce, Celery Hearts and Slices of Green Pepper, Oil Dressing
Dessert: (8) Custard with Maple Syrup



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Friday

LUNCH: (17) Vegetable Casserole; Salad: Lettuce, Diced Fresh Fruit, Dressing 3
Dessert: Raisins and Cream

DINNER: Fresh Salmon with Savory Sauce and Egg Yolk; Steamed Peas; Steamed Beet Greens; Salad: Lettuce, Sliced Tomatoes and Green Peppers, Dressing 2
Dessert: Fresh Cherry Gelatine

Saturday

LUNCH: Stewed Tomatoes; Salad: Lettuce, Cottage Cheese and Shredded Carrots, Dressing 2
Dessert: Apple Sauce, unsweetened.

DINNER: (21) Vegetable Soup; Crisp Fat Bacon; Steamed Artichoke with Butter; Steamed Peas; Salad: Lettuce, Shredded Cabbage, Green Peppers and Pimento, Dressing 5
Dessert: (38) Whole Wheat Cake

Sunday

DINNER: Relish: Radish and Green Onion; Tomato Cocktail; Broiled Chicken, (9) Health Dressing; Steamed String Beans; Salad: Lettuce, French Endive, Dressing 1
Dessert: Fresh Sliced Peaches with Syrup

SUPPER: Iced Savita Broth; Salad: Carrot and Raisins on Lettuce, Dressing 6
Dessert: Fresh Cherries

Monday

LUNCH: (12) Pea Puree; Broiled Live Lobster; Steamed Peas; Baked Onions; Salad: Shredded Spinach Leaves, Celery, Apples, Carrots, Dressing 2
Dessert: Fresh Berries

DINNER: (46) Cream of Carrot Soup; Brown Rice with Cream; Salad: Lettuce, Asparagus Tips, Dressing 6
Dessert: Figs

Tuesday

LUNCH: (25) Sour Cream Waffles with Syrup; Salad: Lettuce, French Endive, Oil Dressing
Dessert: (45) Golden Parfait

DINNER: (21) Vegetable Soup; Roast Beef; Steamed Beet Greens; Buttered Beets; Salad: Lettuce, Apple and Celery, Dressing 2
Dessert: Sliced Orange

Wednesday

LUNCH: Lamb Stew; Salad: Lettuce, Sauer Kraut and Pineapple, Dressing 1
Dessert: Baked Apple with Raisins

DINNER: (22) Savita Broth; Baked Stuffed Potatoes; Steamed Carrots; Steamed Spinach; Salad: Lettuce, Sliced Cucumber and Green Pepper, Oil Dressing
Dessert: Dates

Thursday

LUNCH: (48) Baked Stuffed Tomatoes; Salad: Chicken
Dessert: Fresh Raspberry Gelatine with Cream

DINNER: (4) Vegetable Soup; Baked Buttered Beets; Corn on the Cob; Salad: Lettuce, Celery Hearts, Oil Dressing
Dessert: Sliced Bananas

Friday

LUNCH: Crisp Fat Bacon; Baked Green Peppers Stuffed with Cabbage and Celery; Salad: Lettuce, Celery and Raisin, Dressing 6
Dessert: (20) Fig Mousse

DINNER: (22) Savita Broth; Fresh Broiled Fish with Lemon; Steamed Asparagus; Buttered Cauliflower; Salad: Lettuce, Pimento Dressing
Dessert: Cherries

Saturday

LUNCH: Steamed Peas; Pecan Meats; Salad: Lettuce, Shredded Cabbage and Apple, Dressing 3
Dessert: Pineapple

DINNER: (22) Savita Broth; Crisp Fat Bacon; (25) Sour Cream Waffles, Maple Syrup; Salad: Celery, Cabbage, Oil Dressing
Dessert: Bananas and Cream

Sunday

DINNER: Fresh Tomato Juice; Relish: Celery Hearts and Ripe Olives; Broiled Steak; Broiled Mushrooms and Peas; Buttered New Carrots; Salad: Lettuce, Sliced Tomatoes, Dressing 2
Dessert: Fresh Apricots

SUPPER: (15) Spinach Puree; Salad: Lettuce, Shredded Cabbage, Carrot, Raisins, Dressing 5
Dessert: Whole Wheat Crackers

Monday

LUNCH: Steamed Spinach with Egg Yolk; Salad: Lettuce, Apple, Celery and Pecan Meats, Dressing 3
Dessert: Fresh Peaches and Cream

DINNER:

(27) Mushroom Soup; Baked Potato; Steamed Brussels Sprouts; Buttered Carrots; Salad: Lettuce, Sliced Cucumbers and Onion, Sour Cream Dressing
Dessert: Figs

Tuesday

LUNCH: Steamed New Cabbage; Salad: Lettuce, Slices of Green Pepper with Cottage Cheese, Dressing 2
Dessert: (5) Apple Whip

DINNER:

(4) Tomato Puree; Beef Stew; Steamed Green Beans; Salad: Lettuce, Pimento, Dressing 2
Dessert: Huckleberries and Maple Syrup

Wednesday

LUNCH: Swiss Cheese; Steamed Fresh Asparagus; Baked Tomatoes; Salad: Lettuce, Diced Orange and Grapefruit, Dressing 3
Dessert: Raspberries

DINNER:

(22) Savita Broth; Hot Vegetable Plate of Peas, Green Beans, Onions, Carrots; Whole Wheat Bread and Butter; Salad: Lettuce, Celery Hearts
Dessert: Raisins and Cream

Thursday

LUNCH: (19) Scalloped Potatoes with Parsley; Steamed New Spianch and Egg Yolk; Salad: Lettuce, Banana and Date, Dressing 5
Dessert: Dates

DINNER:

(4) Tomato Puree; Liver and Bacon; Steamed Buttered Beets; Steamed Chicory; Salad: Lettuce, Sliced Tomatoes, Dressing 2
Dessert: Fresh Apricots

Friday

LUNCH: Shrimp Salad; Steamed Cauliflower and Peas; Ripe Olives
Dessert: Fresh Peaches

DINNER:

(22) Savita Broth; Baked Potato; Steamed Swiss Chard; Buttered Carrots; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Dates Rolled in Coconut

Saturday

LUNCH: Cinnamon Toast; Salad: Lettuce, Shredded Cabbage and Celery, Dressing 6
Dessert: (8) Maple Custard

DINNER:

(4) Tomato Puree; Minute Steak; Broiled Mushrooms; Steamed Wax Beans; Salad: Lettuce, Sauerkraut and Pineapple, Dressing 3
Dessert: Fresh Blackberries



SUN-DIET CORRECT EATING HEALTH CHARTS



TYPICAL COMPATIBLE MENUS for FALL

BREAKFAST

Is always best of one of the following combinations—No. 1 preferred. No. 1—Choice of acid fruit and milk. No. 2—Crisp Fat Bacon, Whole Wheat Toast and Black Coffee. No. 3—Choice of Whole Wheat Muffins, Waffles, Pancakes with Honey or Maple Syrup. No. 4—Whole Wheat Toast, Bacon, Raisins. No. 5—Rye Toast buttered, Dates. No. 6—Shredded Wheat Biscuit, Melted Butter, Figs, Stewed or Raw. No. 7—Corn Sticks or Corn Bread made thin, well baked or Whole Wheat Muffins or Whole Wheat Biscuit with either Raisins, Figs, Dates or Ripe Bananas, or Tokay or Malaga Grapes or Sweet Pears. Postum, Sanka, Kaffee-Hag or Black Coffee may be taken with all except No. 1.

Sunday

DINNER: Relish, Celery Hearts; (21) Vegetable Broth; Roast Chicken; Steamed Spinach; Steamed Carrots; Salad: (24) Perfection, Dressing 2
Dessert: (10) Peach Ice Cream

SUPPER: Sour Cream Waffles, Maple Syrup; Salad: Celery, Cabbage, Oil Dressing
Dessert: Fresh Figs

Monday

LUNCH: Baked Potatoes; Steamed Turnips; Salad: Lettuce, Sliced Cucumber, Oil Dressing
Dessert: (8) Maple Custard

DINNER: (30) Stuffed Onions; Steamed Turnip Tops; Steamed Peas; Salad: Lettuce, Tomato, Dressing 2
Dessert: (5) Apple Whip

Tuesday

LUNCH: Cottage Cheese; Baked Onion; Steamed Peas; Salad: Lettuce, Pimento Dressing
Dessert: Pears

DINNER: Steamed Spinach; Steamed Celery Root; Salad: Lettuce, French Endive, Oil Dressing
Dessert: (14) Raisin Pie

Wednesday

LUNCH: (19) Scalloped Potatoes with Onion; Steamed String Beans; Salad: Lettuce, Asparagus Tips, Dressing 5
Dessert: Raisins

DINNER: Broiled Steak; Steamed Tomatoes; Steamed Carrots; Salad: Lettuce, Celery Hearts, Dressing 2
Dessert: (3) Fruited Gelatine with Whipped Cream

Thursday

LUNCH: Pecan Meats; Steamed Celery Root; Steamed Peas; Salad: Lettuce, Pimento Dressing
Dessert: Lemon Gelatine with Whipped Cream

DINNER: (13) Stuffed Green Peppers, Baked Steamed Turnips; Steamed Spinach; Salad: Lettuce, Banana and Dates, Dressing 6
Dessert: (8) Maple Custard

Friday

LUNCH: Whole Wheat Toast; Steamed Cauliflower; Salad: Lettuce, Celery Hearts, Oil Dressing
Dessert: Fresh Figs

DINNER:

Broiled Fish or Lamb Chops; Baked Onions; Steamed Spinach; Salad: Lettuce, Apples and Celery, Dressing 2
Dessert: (29) Pineapple Ice

Saturday

LUNCH: (41) Cream of Carrot and Onion Soup; Steamed Turnips; Salad: Celery, Cabbage, Dressing 5
Dessert: (6) Baked Apples

DINNER: Steamed Sauerkraut, Tomatoes; Steamed Turnip Tops; Cottage Cheese; Salad: Lettuce, Pimento Dressing
Dessert: (18) Pineapple Snow

Sunday

DINNER: Relish, Ripe Olives; (21) Vegetable Broth; Roast Chicken, (9) Chicken Dressing; Steamed String Beans; Salad: (24) Perfection, Dressing 2
Dessert: (10) Peach Ice Cream

SUPPER: (36) Whole Wheat Griddle Cakes and Honey; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Dates

Monday

LUNCH: (15) Spinach Puree; Baked Onions; Salad: Lettuce, Pineapple and Cheese, Dressing 2
Dessert: Apricots

DINNER: (49) Asparagus on Toast; Steamed Cauliflower; Steamed Carrots; Salad: Lettuce Heart, Oil Dressing
Dessert: (40) Date Ice Cream

Tuesday

LUNCH: Broiled Lamb Chops; Steamed String Beans; Steamed Turnips; Salad: Lettuce, Apple and Celery, Dressing 2
Dessert: Slices of Orange

DINNER: Baked Potatoes; Steamed Spinach; Creamed Cabbage; Salad: Lettuce, Carrot and Raisin, Dressing 6
Dessert: Cream and Raisins

Wednesday

LUNCH: (2) Parsley Omelette; Steamed Tomatoes; Salad: Lettuce, Orange and Grapefruit, Dressing 2
Dessert: Baked Apples with Raisins

DINNER: Baked Potato; Steamed Turnip Tops; Baked Onions; Salad: Lettuce and Celery Heart, Oil Dressing
Dessert: (8) Custard with Maple Syrup

Thursday

LUNCH: (47) Brown Bread; Steamed Carrots; Steamed String Beans; Steamed Peas; Salad: Lettuce, Raisin and Celery, Dressing 5
Dessert: Fresh Figs

DINNER: (17) Vegetable Casserole; Cheese; Steamed Turnips; Steamed Peas; Salad: Lettuce, Pineapple, Green Pepper, Dressing 2
Dessert: (31) Apricot Whip

Friday

LUNCH: (49) Asparagus on Toast; Steamed Celery; Salad: Lettuce, French Endive, Oil Dressing
Dessert: Bananas

DINNER: Broiled Fish; Steamed Spinach; Steamed Carrots; Salad: Shredded Cabbage and Celery, Dressing 2
Dessert: Grapes

Saturday

LUNCH: (32) Meat Loaf; Steamed Peas; Salad: Lettuce, Peaches, Pineapple and Coconut, Dressing 2
Dessert: Pears

DINNER: Potato Whip; Steamed Turnip Tops; Steamed Carrots; Salad: Lettuce Heart, Oil Dressing
Dessert: Steamed Black Mission Figs with Whipped Cream

Sunday

DINNER: Broiled T-Bone Steak with Steamed Turnips; Steamed Peas; Salad: (24) Perfection, Dressing 3
Dessert: Apple Sauce and Raisins

SUPPER: Whole Wheat Toast; Steamed String Beans; Salad: Lettuce, Carrot and Raisin, Dressing 6
Dessert: Fresh Figs

Monday

LUNCH: (49) Asparagus Delicacy; Steamed Celery; Salad: Lettuce, French Endive, Oil Dressing
Dessert: (8) Maple Custard

DINNER: (4) Tomato Puree; Broiled Fish; Steamed Cauliflower; Steamed Turnip Tops; Salad: Lettuce, Apple and Celery, Dressing 5
Dessert: Grapes



SUN-DIET HEALTH FOUNDATION

East Aurora, Erie County, New York



TYPICAL COMPATIBLE MENUS for FALL

BREAKFAST

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Saturday
LUNCH: Protein
 Pecan Meats; Steamed Carrots; Steamed Spinach; Salad: Lettuce, Diced Orange and Grapefruit, Dressing 3
 Dessert: Peaches
DINNER: Starch
 Potato Whip; Steamed Brussels Sprouts; Steamed Peas; Salad: Lettuce, Asparagus Tips, Oil Dressing
 Dessert: (40) Date Ice Cream

Sunday
DINNER:
 Relish, Ripe Olives; Vegetable Broth; Roast Chicken, (9) Chicken Dressing; Steamed String Beans; Salad: Lettuce and Tomato, Dressing 2
 Dessert: (10) Peach Ice Cream
SUPPER:
 Cinnamon Toast; Salad: Lettuce and Celery Hearts, Oil Dressing
 Dessert: Fresh Figs

Monday
LUNCH: Vegetable
 Fat Crisp Bacon; Steamed Celery; Baked Onions; Salad: Lettuce, Cucumber, Ripe Olives, Dressing 2
 Dessert: Apple Sauce with Cream
DINNER:
 Carrot Casserole; Steamed Spinach; Salad: Lettuce, Celery, Cabbage, Oil Dressing
 Dessert: (11) Fruit Crumb Pudding

Tuesday
LUNCH:
 Cottage Cheese; Steamed Turnip; Steamed Peas; Salad: Lettuce, Orange and Grapefruit, Dressing 2
 Dessert: (31) Apricot Whip
DINNER:
 Baked Potatoes; Steamed Celery Root; Steamed Spinach; Salad: Lettuce, Carrot and Raisin, Dressing 6
 Dessert: Dates

Wednesday
LUNCH:
 Steamed Cauliflower; Buttered Peas; Salad: Lettuce, Apples and Celery, Dressing 2
 Dessert: Pears with Whipped Cream
DINNER:
 (19) Scalloped Potatoes with Parsley; Steamed Carrots; Salad: Lettuce, Shredded Cabbage and Celery, Dressing 5
 Dessert: Figs

Thursday
LUNCH:
 Cottage Cheese; Steamed String Beans; Steamed Oyster Plant; Salad: Lettuce, Green Pepper and Radish, Dressing 2
 Dessert: Fresh Grapes
DINNER:
 Baked Stuffed Green Peppers; Steamed Onions; Steamed Spinach; Salad: Lettuce, Asparagus Tips, Dressing 2
 Dessert: Raisins and Cream

Friday
LUNCH:
 Asparagus on Toast; Steamed String Beans; Salad: Lettuce, Oil Dressing
 Dessert: Sliced Bananas and Cream
DINNER:
 Broiled Fish or Steak; Steamed Celery; Steamed Turnips; Salad: Lettuce, Sliced Tomatoes, Dressing 2
 Dessert: Grapes

Saturday
DINNER:
 (41) Cream of Carrot Soup; Broiled Steak; Steamed Tomatoes; Steamed Spinach; Salad: Lettuce, Apple and Celery, Dressing 2
 Dessert: (31) Apricot Whip
LUNCH:
 Steamed Celery Root; Steamed Asparagus; Salad: Lettuce, French Endive, Oil Dressing
 Dessert: (14) Raisin Pie

Sunday
DINNER:
 Relish, Celery Hearts; Vegetable Broth; Roast Chicken; Steamed Peas; Steamed Carrots; Salad: Perfection, Dressing 2
 Dessert: (31) Apricot Whip
SUPPER:
 Cinnamon Toast; Steamed Cauliflower with Savory Sauce; Salad: Lettuce, Carrot and Raisin, Dressing 2
 Dessert: Dates with Whipped Cream

Monday
LUNCH:
 Baked Potatoes; Steamed Spinach; Salad: Lettuce and Celery Hearts, Dressing 2
 Dessert: (20) Fig Mousse
DINNER:
 (28) Cauliflower, Tomato, Cheese Casserole; Steamed Turnip Tops; Steamed String Beans; Salad: Celery, Cabbage, Dressing 2
 Dessert: Apple Sauce and Raisins

Tuesday
LUNCH:
 Pecan Meats; Steamed Celery Root; Salad: Lettuce, Pineapple and Green Pepper, Dressing 2
 Dessert: Pears
DINNER:
 Asparagus on Whole Wheat Toast; Steamed Peas; Steamed Celery; Salad: Lettuce, Slices of Green Pepper and Radishes, Oil Dressing
 Dessert: Dates

Wednesday
LUNCH:
 Steamed Carrots; Broiled Mushrooms; Salad: Celery, Cabbage, Oil Dressing
 Dessert: (38) Sun-Diet Cake
DINNER:
 Roast Beef; Steamed Turnips; Steamed String Beans; Salad: (24) Perfection, Dressing 2
 Dessert: (6) Baked Apple with Whipped Cream

Thursday
LUNCH:
 Cold Sliced Beef; Steamed Cauliflower; Steamed Peas; Salad: Lettuce, Diced Oranges and Grapefruit, Dressing 2
 Dessert: Fresh Apricots
DINNER:
 Baked Potato; Steamed Spinach; Baked Onions; Salad: Lettuce, Carrot and Raisin, Oil Dressing
 Dessert: (8) Custard with Maple Syrup

Friday
LUNCH:
 Baked Carrots; Steamed Turnip Tops; Salad: Lettuce, French Endive, Oil Dressing
 Dessert: (11) Fruit Crumb Pudding
DINNER:
 Broiled Fish with Lemon; Steamed Beets; Steamed Celery; Salad: Sauerkraut and Pineapple, Dressing 3
 Dessert: Apricot Gelatine with Whipped Cream

Saturday
LUNCH:
 Steamed Turnips; Salad: Lettuce, Apple and Celery, Dressing 2
 Dessert: Apple Sauce with Cream
DINNER:
 (22) Savita Broth; (47) Brown Bread; Steamed String Beans; Steamed Onions; Salad: Lettuce, Carrot and Raisin, Dressing 4
 Dessert: Dates



SUN-DIET CORRECT EATING HEALTH CHARTS



TYPICAL COMPATIBLE MENUS for WINTER

BREAKFAST

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Saturday

LUNCH: Steamed Spinach with Egg Yolk; Salad: Lettuce, Celery, Raisin and Apple, Dressing 3
Dessert: Pears

DINNER: (19) Scalloped Potatoes with Onions; Steamed Buttered Beets; Steamed Endive; Salad: Lettuce and Celery Hearts, Oil Dressing
Dessert: (35) Nougat Surprise

Sunday

DINNER: Relish: Celery Hearts and Ripe Olives; Veal Chops, Broiled; Steamed Asparagus; Baked Green Pepper; Salad: (24) Perfection, Dressing 2
Dessert: (10) Peach Ice Cream

SUPPER: (22) Savita Broth; (36) Griddle Cakes, Maple Syrup
Dessert: Steamed Figs

Monday

LUNCH: Baked Eggplant; Salad: Lettuce, Sauerkraut and Pineapple, Dressing 2
Dessert: Cherries

DINNER: (37) Asparagus Camille; Baked Squash; Steamed Chicory; Salad: Lettuce, Parsnip and Raisin, Dressing 6
Dessert: Bananas and Cream

Tuesday

LUNCH: Steamed String Beans with Mushrooms; Salad: Lettuce, Cabbage and Apple, Dressing 4
Dessert: (31) Apricot Whip

DINNER: (2) Egg Omelette and Parsley; Stewed Tomatoes; Steamed Cauliflower; Salad: Lettuce, Peach, Pear and Pineapple, Dressing 2
Dessert: (3) Fruited Gelatine

Wednesday

LUNCH: (17) Vegetable Casserole; Salad: Cole Slaw, Dressing 4
Dessert: Peaches with Coconut

DINNER: Baked Potato; Steamed Carrots; Steamed Endive; Salad: Lettuce, Onion and Cucumber, Oil Dressing
Dessert: (20) Fig Mousse

Thursday

LUNCH: Carrot Casserole; Salad: Lettuce, Tuna, Cabbage, Dressing 3
Dessert: Apple Whip

DINNER: Mushroom on Toast; Steamed Turnip; Steamed Beets; Salad: Lettuce, Carrot and Raisin, Dressing 6
Dessert: (35) Nougat Surprise

Friday

LUNCH: Baked Onion and Celery Root; Salad: Lettuce, Tomato, Dressing 2
Dessert: Pears

DINNER: (39) Codfish Cakes; Steamed Brussels Sprouts with Cream; Steamed Spinach; Salad: (24) Perfection, Dressing 4
Dessert: (40) Date Ice Cream

Saturday

LUNCH: Steamed String Beans with Mushrooms; Salad: Lettuce, Cabbage and Carrot, Dressing 3
Dessert: Berries

DINNER: Baked Sweet Potato; Steamed Oyster Plant; Stuffed Green Peppers; Salad: Lettuce with Pimento, Oil Dressing
Dessert: Dates and Raisins

Sunday

DINNER: Fruit Cocktail; Relish: Celery Hearts, Ripe Olives, Radishes; (22) Savita Broth; Roast Duck or Chicken, (9) Health Dressing; Baked Turnip; Steamed Peas; Salad: Lettuce, Tomato with Green Pepper, Dressing 3
Dessert: (43) Pumpkin Cup

SUPPER: (4) Tomato Puree; Steamed Asparagus; Salad: Waldorf, Dressing 2
Dessert: Grapes

Monday

LUNCH: Baked Eggplant; Salad: Lettuce, Orange and Grapefruit, Dressing 4
Dessert: Raisins and Cream

DINNER: (19) Scalloped Potatoes with Onions; Steamed Beets; Steamed Asparagus; Salad: Lettuce with Green Peppers, Oil Dressing
Dessert: (35) Nougat Surprise

Tuesday

LUNCH: Baked Stuffed Onion; Salad: Lettuce, Apple and Celery, Dressing 4
Dessert: Grapes

DINNER: Broiled Steak; Steamed Brussels Sprouts; Baked Onions; Salad: Lettuce, Pimento Dressing
Dessert: (29) Pineapple Ice

Wednesday

LUNCH: Steamed Cauliflower with Savory Sauce; Salad: Lettuce, Carrots and Raisins, Dressing 2
Dessert: Berries

DINNER: Baked Potatoes; Baked Beets; Steamed Turnips; Salad: Lettuce, Chinese Cabbage, Oil Dressing
Dessert: Dates

Thursday

LUNCH: Steamed Spinach with Egg Yolk; Salad: Lettuce, Pear, Pineapple and Peach, Dressing 4
Dessert: Grape Gelatine

DINNER: Roast Beef; Steamed Endive; Baked Eggplant; Salad: Tomato, Dressing 2
Dessert: (10) Peach Ice Cream

Friday

LUNCH: Baked Squash; Asparagus Salad, Dressing 6
Dessert: (26) Whole Wheat Cookies

DINNER: Egg Omelette with Parsley; Steamed Tomatoes; Steamed Celery Root with Onion; Salad: Lettuce, Cabbage and Apple, Dressing 4
Dessert: Lemon Gelatine

Saturday

LUNCH: (17) Vegetable Casserole; Salad: Lettuce, Pineapple and Cottage Cheese, Dressing 3
Dessert: Apple Sauce, unsweetened

DINNER: Baked Potatoes; Steamed Brussels Sprouts with Cream; Steamed Beets; Salad: Lettuce, Carrot and Raisin, Dressing 6
Dessert: (40) Date Ice Cream



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Thursday

LUNCH:

Steamed Carrots and Peas; Salad: Lettuce, Tomato and Green Pepper, Dressing 2

Dessert: Fresh Pears

DINNER:

(2) Parsley and Egg Omelette; Steamed Beets; Steamed Spinach; Salad: Lettuce, Asparagus Tips, Dressing 4
Dessert: (3) Fruited Gelatine

Friday

LUNCH:

(4) Tomato Puree; Baked Egg Plant; Salad: Lettuce and Pimento Dressing
Dessert: (5) Apple Whip

DINNER:

Broiled Halibut; Steamed Brussels Sprouts; Baked Turnip; Salad: Lettuce, Peach, Pear and Pineapple, Dressing 6
Dessert: (6) Baked Apple with Raisins

Saturday

LUNCH:

Mushroom Omelette; Salad: Lettuce, Cabbage and Celery, Dressing 3
Dessert: (31) Apricot Whip

DINNER:

Baked Potato; Steamed String Beans; Steamed Chickory; Salad: Lettuce, Carrot and Raisin, Dressing 6
Dessert: (8) Maple Custard

Sunday

DINNER:

Relish: Ripe Olives, Celery Hearts; (9) Roast Chicken with Dressing; Steamed Cauliflower; Salad: Tomato and Cucumber, Dressing 2
Dessert: (10) Peach Ice Cream

SUPPER:

(21) Vegetable Soup; (49) Asparagus on Whole Wheat Toast
Dessert: Bananas and Cream

Monday

LUNCH:

Onion and Tomato Omelette; Salad: Apple and Celery, Dressing 5
Dessert: Pears

DINNER:

(13) Stuffed Green Pepper with Rice; Baked Squash; Steamed Spinach; Salad: Lettuce with Celery Hearts, Oil Dressing
Dessert: (14) Raisin Pie

Tuesday

LUNCH:

Baked Stuffed Egg Plant; Salad: Lettuce, Orange and Grapefruit, Dressing 6
Dessert: Grapes

DINNER:

Lamb Chops; Stewed Tomatoes; Baked Celery Root; Salad: Lettuce, Cabbage and Celery, Dressing 2
Dessert: Apple Sauce with Raisins

Wednesday

LUNCH:

(17) Vegetable Casserole; Salad: Lettuce, Cucumber and Onion, Dressing 1
Dessert: (18) Pineapple Snow

DINNER:

(19) Scalloped Potatoes; Steamed Carrots; Steamed Endive; Salad: Lettuce, Carrot and Raisin, Dressing 6
Dessert: (20) Fig Mousse

Thursday

LUNCH:

Steamed Cauliflower with Savory Sauce; Salad: Lettuce, Tomato Stuffed with Celery, Dressing 2
Dessert: (3) Fruited Gelatine

DINNER:

Roast Beef; Baked Turnip, Steamed Spinach; Salad: Lettuce, Apple, Celery and Raisin, Dressing 3
Dessert: (6) Baked Apple

Friday

LUNCH:

Baked Squash; Salad: Lettuce and Celery Heart, Dressing 6
Dessert: (23) Rice Pudding

DINNER:

Oysters in Blanket; Steamed Broccoli; Steamed Buttered Beets; Salad: Lettuce and Tomato, Dressing 2
Dessert: Fruit Cup

Saturday

LUNCH:

Steamed Spinach; Salad: Lettuce, Pineapple and Sauerkraut, Dressing 2
Dessert: Grapes

DINNER:

Baked Sweet Potato; Steamed Celery Root with Onion; Steamed Buttered Carrots; Salad: Lettuce, Celery Hearts and Green Peppers, Oil Dressing
Dessert: Chopped Dates and Coconut

Sunday

DINNER:

Relish: Radishes and Onions; Steak and Mushrooms; Steamed Peas; Steamed Parsnip; Salad: (24) Perfection
Dessert: Sliced Grapefruit

SUPPER:

(22) Savita Broth; (25) Sour Cream Waffles, Maple Syrup
Dessert: Raisins and Cream

Monday

LUNCH:

Steamed Asparagus; Cole Slaw, Dressing 2
Dessert: Pears

DINNER:

Steamed Spinach with Egg Yolk; Baked Squash; Steamed Buttered Beets; Salad: Lettuce, Parsnip and Raisins, Dressing 6
Dessert: (26) Whole Wheat Cookies

Tuesday

LUNCH:

(28) Steamed Cauliflower, Tomato and Cheese Casserole; Salad: Lettuce with Pimento Dressing
Dessert: (29) Pineapple Ice

DINNER:

Boiled Dinner: Lamb, Cabbage, Turnip and Carrots; Salad: Lettuce, Apple, Celery and Orange, Dressing 6
Dessert: Cherries

Wednesday

LUNCH:

(30) Baked Stuffed Onion with Ham; Salad: Lettuce and Asparagus Tips, Dressing 2
Dessert: (31) Apricot Whip

DINNER:

Baked Potatoes; Steamed String Beans; Steamed Beets; Salad: Lettuce, Carrots and Celery; Dressing 6
Dessert: Dates Stuffed with Coconut

Thursday

LUNCH:

Baked Tomatoes with Okra; Salad: Lettuce, Pear and Cottage Cheese, Dressing 3
Dessert: Apple Sauce, unsweetened

DINNER:

(32) Vegetable Meat Loaf; Steamed Broccoli; Baked Onions; Salad: Lettuce, Cabbage and Apple, Dressing 3
Dessert: Berries

Friday

LUNCH:

Steamed Cauliflower with Savory Sauce; Salad: Lettuce, Sliced Tomatoes, Dressing 2
Dessert: Grapes

DINNER:

(34) Salmon Loaf; Stewed Tomatoes; Steamed Brussels Sprouts; Salad: Lettuce, Orange and Grapefruit, Dressing 6
Dessert: Peach Gelatine